

Air Power
Quote of the Week

“Wars may be fought with weapons, but they are won by men.”
– Gen. George S. Patton Jr.

News in
Brief

Warrior Call

There will be a warrior call at 3:00 p.m. Tuesday at Anderson Hall auditorium. The call will recognize members from Laughlin recently returning from deployment and is open for all base members to attend.
For more information, call 298-5574.

Uniform for Tuesday

In conjunction with the warrior call, BDUs and flight suits will be the uniform-of-day Tuesday.

Change of command

The 47th Civil Engineer Squadron will hold a change of command at 10 a.m. June 27 at Club XL.

Assumption of command

The 47th Medical Operations Squadron will hold an assumption of command at 2 p.m. June 30 at Club XL.

Mission
status

(As of June 13)

Days ahead or behind with mission capable rate

T-37	-1.34	82.6%
T-1	1.00	87.7%
T-38	-3.63	76.7%
T-6	-4.41	85.3%



Photo by 1st Lt. Lindsay Logsdon

Now thats a big dog...

Laughlin firefighters and Sparky, Laughlin's fire-fighting mascot, wave to two children at the beginning of the Juneteenth Parade in Del Rio Saturday. Members of the 47th Security Forces Squadron, 47th Civil Engineer Squadron and 47th Medical Group participated in the parade while Col. Victor Hnatiuk, 47th Mission Support Group commander, was the guest speaker at the Juneteenth Celebration at Moore Park.

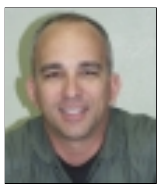
Experienced instructors enhance education

By Carl Bergquist
Air University Public Affairs
MAXWELL AIR FORCE BASE, Ala. – The success of joint military operations is greatly influenced by how battlefield experiences are fed back into the education and training system, said the commander of Air Education and Training Command.
“Lessons learned in the field need to flow into our schoolhouses,” said Gen. Don Cook in an interview following his keynote remarks at Air Command and Staff College’s

graduation ceremony here June 9.
As one example, the general cited how the Air Force reacted very quickly once it realized helicopter pilots were operating at “the margins of their capabilities” flying air operations in Afghanistan’s mountainous terrain during Operation Enduring Freedom.
“We sent them to Kirtland (Air Force Base, N.M.) for some quick retraining in high-altitude flight and also modified the simulators so the training better met the parameters of the Afghanistan operation,” he said.

An instructor’s first-hand experience on the front lines is crucial, General Cook said.
“If you haven’t been out to a deployed location, you don’t know what your students are doing in the field, and you can only learn by going out there and doing the job,” the general said. “Once you have been there and taken a look at the situation, then you can teach from a position of credibility.”
The benefits of knowledgeable

See ‘Education’ page 4



Commanders' Corner

Lt. Col. Jeff Kubiak
86th Flying Training Squadron commander

AF members continue serving proudly

You don't have to be much of a history buff to know that June 6 is also known as D-Day, marking the Allied invasion at Normandy in 1944. June 6 also marked two other events: the 17th anniversary of the day I first pinned silver wings on my chest and the graduation of Laughlin's Specialized Undergraduate Pilot Training Class 03-10.

Sharing the same graduation day with 03-10 led me to think about the future facing today's newest pilots compared with the Air Force I looked out onto in 1986.

The world is strikingly different now than it was in 1986, and the Air Force has changed dramatically in response to those changes. However, the sacrifices demanded of Air Force members and their families back in the late '80s still face the Air Force family today: frequent moves that result in displacing families and friends, forever ensuring that you are "the new guy" at work or school, pay that does not keep up with the private sector and forfeiture of certain personal liberties for

the sake of security and military discipline.

In addition to these sacrifices, today's Air Force demands significantly more from its people. Air Force members can expect to be away from home for anywhere between 120 to 200 days every year.

If they are not in a deployable job, they will be expected to work harder either to cover for a co-worker who is deployed, or because the shop is under-manned.

And as if being away from home isn't enough, Air Force members today are often deployed to hostile locations and live under harsh conditions with very restricted freedoms. Meanwhile, spouses and children are left behind to work extra hard because life goes on at home despite their loved one being gone.

Why would someone choose to make the sacrifices demanded of the modern Air Force member and family? What benefit is the counterweight to these sacrifices that enables intelligent military members to make the decision to stay in

today's Air Force? Although the security of a military paycheck in a slow economy definitely helps tip the scales, I know that financial security alone is not sufficient. I am convinced the real answer is the deep sense of service that is integral to every member of the Air Force family. It is the sense that we are a part of something that has meaning that stretches far beyond the limits of an individual life.

Service is one of the three Air Force core values. A core value is not something that is taught, practiced, or even conscious. A core value is something that is as automatic to an individual as breathing. Air Force people serve and keep serving, and then serve some more just because that is who they are.

As Class 03-10 graduates move into their Air Force aviation careers, I feel only a deep sense of respect for them and all of the young people in today's Air Force. Just as I am humbled by the courage of the servicemen who stormed the beaches of northern France 59 years ago, I am humbled by the character and commitment to service of today's Air Force members and their families. Thank you.

"A core value is something that is as automatic to an individual as breathing."

Border Eagle commentaries

The Border Eagle encourages base members to take part in their paper. Anyone wanting to write for the Viewpoint pages of the paper is welcome.

Commentaries can be written about any aspect of Air Force life you find interesting. Articles should be 250 to 500 words in length. Public Affairs reserves

the right to edit all submissions for length and clarity.

Submissions should be dropped off or faxed to the Public Affairs Office, Bldg. 338. The deadline to submit a commentary is close of business each Thursday, the week prior to publication.

For more information, call 298-5393.

Check us out online

The electronic version of the Border Eagle has a link on the Laughlin Web Page at:
<http://www.laughlin.af.mil/47ftw/ftworg/pa/basepaper/index.html>



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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: timothy.stein@laughlin.af.mil or yvonne.conde@laughlin.af.mil.

Pin your parents, show your patriotism

By David Smith
*Air Education and Training Command
Public Affairs*

RANDOLPH AIR FORCE BASE, Texas – Have you been to a basic training graduation parade at Lackland Air Force Base lately? Things have changed a lot since I graduated in February 1965.

The parade ground is the same, but there are more airplanes. The bleachers are new from 38 years ago. Then we didn’t invite family and friends to basic training graduation. Today they come by the hundreds.

I think my parents would have come if I’d invited them. I know they were always proud of my Air Force service. Mother always called it the Air Corps, and I always corrected her, but it never took. Dad carried a clipping from the newspaper announcing my promotion to chief master sergeant and showed it to everyone he met.

Today, you have an opportunity to make your parents proud of your service in our Air Force.

The Air Force Parent Pin program gets your parents a snappy looking blue and silver pin with the Air Force logo emblazoned with a large silver “P” for parent in the center. You get the thrill of

presenting their parent pin.

It costs you nothing but a few moments of your time. Go to www.yourguardiansoffreedom.com and register your parents. In addition to the parent pin, they receive nice notes from the Air Force secretary and chief of staff expressing their appreciation for your service.

This is a true, no-brainer, no cost, warm fuzzy for parents of Air Force members.

Visit the Web site today – your parents will be glad you did.

(Mr. Smith is a retired Air Force chief master sergeant)



Col. Dan Woodward
*47th Flying Training
Wing commander*

Actionline

Call 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every at-

tempt to ensure confidentiality when appropriate. If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Equal Employment Opportunity	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
Military Equal Opportunity	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Letter from family

Below is a thank you note from the family of Airman 1st Class Raymond Losano, who was killed in action in Afghanistan on April 25. In addition to their thanks, I would like to add my own to all Laughlin members who in any way contributed to the notification or the memorial service. Although A1C Losano was not stationed here at Laughlin, he was a member of our Air Force family and I’m extremely proud of the way our Team XL’ers took care of him and his family during that difficult time. Although some time has passed since the memorial service, I am sure the Losano family continues to grieve for their loss. Please keep them in your prayers. The following is the letter written by Airman Losano’s family:

We would like to thank the community of Del Rio, Laughlin, Pope Air Force Base, out-of-town friends and relatives for the great support we have received during these difficult times we are going through with the loss of our son Airman 1st Class Raymond Losano.

The Lord is with us and will help us get through these sad times. We see Christ in your loving kindness, the tears you have shared with us, the words of comfort, the abundance of food we have received, in your prayers, fund-raisers and monetary donations. We also see God’s creation in the beautiful flowers you have sent and trees planted in honor of our son Raymond.

We wish we could name everyone of you for your support. We know that you have given and shared from your hearts. As family, we will always have an empty space in our hearts because he is no longer with us. As Americans, we are proud he served his country with pride and dignity.

We can’t thank you enough. May the Lord give you a hundred-fold for your efforts, contributions and kindness.

- **The Losano, Hernandez and Ahern family**

Softball field

Comment: I was wondering if there is somehow we could get water to the softball field that we’re playing on now? It was awfully dry and I don’t see anybody watering it. Thank you.

Answer: Keeping the grass green at Laughlin AFB during the hot summer months is a daunting task. Our base support contractor, WIMSCO, waters the softball field on Monday, Wednesday, and Friday after games from 10 to 10:30 p.m. Let me also take this opportunity to remind our base housing residents that lawn watering can only take place between the hours of 4 –10 a.m. and 6 – 11 p.m. I appreciate your concern for our base recreational areas, and thank you for the opportunity to comment on base water conservation measures.

Get the latest on base news, wing happenings, weather advisories and more.
Call Laughlin’s information line at 298-5201.

And it can do this...

Col. Victor Hnatiuk, 47th Mission Support Group commander, looks on as Airman Megan Murray, 47th Mission Support Squadron, demonstrates the military personnel flight's self-help desk located at the MPF customer service desk. Laughlin members can log on at the self-help desk and access MyPay, vMPF, Leave Web, vRED and the Defense Travel System when it comes on line in July.



Photo by Bennie Sanders

Airmen reminded to update vRED

RANDOLPH AIR FORCE BASE, Texas – In the five months since the official launch of the virtual record of emergency data, more than 383,000 airmen have updated their contact information. While this number is impressive, there is more work to be done, according to Air Force Personnel Center officials here.

“It’s imperative we have every airman – active duty, Guard and Reserve – fill out their emergency contact information,” said Maj. Jerry Couvillion, chief of the center’s casualty services branch. “The information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed.”

Better known as vRED, this online form replaced the paper Department of Defense Form 93, Record of Emergency Data, as the only way for airmen to provide personal emergency information. By filling out the form from any Internet-connected computer, Air Force casualty officials have immediate access to critical information needed to contact family members if an airman becomes missing, suffers a serious illness or injury, or dies, he said.

“Accurate and current family-contact information prevents unnecessary delays,” said Couvillion. “It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down

next of kin.”

New procedures require all airmen to update their information electronically every six months, before deployments and after permanent changes of station.

“Once the member initially completes the form, they will be able to go in at any time and update specific information as needed,” he said. “It’s simple, and it saves time over the old paper form.”

On the AFPC Web page, www.afpc.randolph.af.mil, people can enter the virtual military personnel flight by clicking on the “vMPF” logo at the top of the page. New users will need to establish an account.

(Courtesy of Air Force Print News)

‘Education’ from page 1

and current instructors are great, he said.

“If you look at those who are doing the vast majority of the ‘nuts and bolts’ planning for Air Force operations, they are ACSC graduates,” he said. “They understand how to put together complex scenarios. They understand employment of ‘blue air,’ or Air Force operations, and also understand ‘purple air,’ or joint capability.”

General Cook said one of the areas he examined after taking command of AETC a year and a

half ago was the number of people in the command committed to Air and Space Expeditionary Forces.

“At that time we had about 13,000 people at AETC that were available to be contributors to AEF. We have upped the ante to almost 23,000 people,” he said.

Increasing the number of AETC people assigned to an expeditionary force not only supports warfighting capability but also brings valuable and fresh expertise back to the command, General Cook said.

Newslines

Medical group closure

The 47th Medical Group will close at 3:30 p.m. June 27 for a group function. Medical staff will still be on hand for any emergencies.

During this time radiology, the laboratory and pharmacy will be closed and the nurse triage line will not be available.

The Tricare service center will remain open.

For more information, call 298-6331.

DTS training

The 47th Comptroller Flight is holding training on the Defense Travel System at 9 a.m. Tuesday and 9 a.m. and 3 p.m. Thursday at the Anderson Hall auditorium to inform the base populous of the new travel system.

For more information, call 298-5203.

Family Day

Gen. Don Cook, commander of Air Education and Training Command, announced dates the command will observe as family days.

July 3, Nov. 28, Dec. 26 and Jan. 2, 2004, are the designated family days this year.

Family day means military members will get the day off, giving most people in the command an extended break for the observed holidays.

People who have questions about their days off should check with their supervisors, who will determine mission-essential staffing.

For military members required to perform duty on the family days, commanders are encouraged to grant compensatory time off during the first week following the holiday.

Air Force Instruction 36-3003, Military Leave Program, should be followed regarding passes and chargeable leave.

Under current rules for Department of Defense civilians, commanders can encourage liberal leave, use of previously earned compensatory time or use of already approved time-off awards.

Inspector general

Interim inspector general Lt. Col. Robert Seaberg will not be available as the IG until July 5. During this timeframe, Capt. Mimi Banks, alternate IG, will be handling IG issues. The IG line, 298-5638, and the Fraud Waste and Abuse hotline, 298-4170, will be checked daily for messages.

Captain Banks can also be reached at 298-6335.

IRS gives eligible parents advance tax credit

Beginning the last week of July, eligible taxpayers who claimed the Child Tax Credit on their 2002 tax returns will automatically receive an advance payment of the 2003 increase in this credit.

Taxpayers will not have to take any action to get this advance payment of up to \$400 per qualifying child. There is no need to call the Internal Revenue Service or fill out any forms.

The Treasury Department and IRS will perform all the calculations and automatically mail a notice and a check to each eligible taxpayer. A few days after the notice, people should receive their check in the mail.

The checks are an advance payment of the 2003 increase in the Child Tax Credit and is based on the child tax credit claimed on the taxpayer's 2002 tax return.

The Jobs and Growth Tax Relief Reconciliation Act of 2003 increased the maximum child tax credit for 2003 to \$1,000 per child, up from \$600 for tax year 2002. The act further instructed the Treasury Department to provide the difference—up to \$400 per child—as an advance payment to each eligible taxpayer this summer.

The Treasury Department will issue about 25 million of these checks this year. Beginning with three principal mailings on July 25, August 1 and 8; taxpayers who filed returns after April 15 will receive their advance payments after the IRS processes their returns.

The IRS will send notices to taxpayers on July 23, 30 and 6 August, informing them of their advance payment amount. The IRS urges taxpayers to hold on to these notices for their 2003 tax returns. They will need to take the advance payment into account when determining the amount of their child tax credit on the 2003 tax return.

If you have any questions regarding this credit, contact the Laughlin legal office at 298-5172. More information is available on the IRS website, at www.irs.gov/newsroom.

(Courtesy of the Internal Revenue Service)

Laughlin members urged caution with vacation deal

By Airman 1st Class Yvonne Conde
Staff writer

Active-duty members are advised not to provide their social security numbers when applying for the “Operation Relax” complimentary vacation, offered by Sandals and Beaches Resorts.

The 47th Flying Training Wing legal office advises those who wish to participate to send a letter on appropriate letterhead from their orderly room or supervisor stating the applicant is a military member.

“If members elect to use documents with their social security numbers as proof of military status, they should blacken out their social security numbers,” said Capt. Aniya Dunkley 47th FTW assistant judge advocate. “Under no circumstances should military personnel send copies of deployment orders.”

A recent newsletter from the Pentagon’s judge advocate headquarters office states Sandals and Beaches Resorts has confirmed military members do not need to provide their social security numbers or travel orders to qualify for the complimen-

tary vacation. The resorts’ public relations director also informed legal headquarters they do not sell contact information for those members who have already participated.

The vacation consists of a complimentary stay at a Sandals and Beaches Resort and does not include cost of airfare.

For more information, interested military members may visit www.sandals.com/general/operation-relax.cfm

For additional legal guidance, call 298-5172.



June Centennial of Flight history

1920
June 4: Congress passed the National Defense Act to establish the Air Service on a permanent basis as a combatant arm of the Army, making it the equivalent of the infantry, cavalry and artillery. Congress also created the rating of “airplane pilot” and authorized flying pay of 50 percent above base pay.

1930
June 20: The Air Corps established Randolph Field at San Antonio for primary and basic pilot training. Known as the “West Point of the Air,” the field eventually became headquarters of Air Education and Training Command.

1944
June 19–20: During the Battle of the Philippine Sea – later called “The Great Marianas Turkey Shoot” – U.S. carrier-based aircraft shot down

more than 300 Japanese carrier-based aircraft over the Pacific. Navy submarines and aircraft also sank three Japanese carriers. Japanese naval air power never again posed a serious threat to U.S. forces in the Pacific.

1950
June 27: Authorized by a United Nations Security Council resolution, President Harry S. Truman ordered the Air Force to enter the Korean conflict.

1953
June 8: At Luke Air Force Base, Ariz., the United States Air Force Thunderbirds, officially designated the 3600th Air Demonstration Flight, performed for the first time.

1955
June 29: The Boeing Aircraft Com-

pany delivered the first B–52 Stratofortress to enter Air Force operational service to the 93rd Bombardment Wing at Castle Air Force Base, Calif.

1957
June 11: The first U–2 high-altitude, long-range reconnaissance aircraft was delivered to the 4080th Strategic Reconnaissance Wing at Laughlin Air Force Base. The U–2 could fly 10-hour missions at exceptionally high altitudes at a top speed of 600 miles per hour.

1981
June 18: The F–117 Nighthawk, the world’s first stealth combat aircraft, flew for the first time. Hal Farley piloted the revolutionary aircraft,

which presented very little radar image, at Tonopah Test Range, Nev.

1983
June 13: *Pioneer 10* became the first spacecraft to leave the solar system.

June 18: Sally K. Ride became the first U.S. woman to journey into outer space. She was a *Challenger* crew member of the seventh space-shuttle mission.

1994
June 30: United States Air Forces in Europe ended its presence in Berlin, Germany, after 46 years.

1995
June 2–8: After a surface-to-air missile downed his F–16 Fighting Falcon fighter over Bosnia, Capt. Scott O’Grady evaded capture by hostile forces for six days until he was rescued by Marine Corps helicopters.



Comm squadron helps keep 'show' in air

By Capt. Paula Kurtz

Public Affairs

Like any big production, the show would not happen without many critical events taking place behind the scenes. For Laughlin, the "show" takes place on the flightline, where more than 300 sorties are flown daily to train the Air Force's newest crop of pilots.

Located on the base's support side, the 47th Communication Squadron's 33-member Mission Systems Flight takes care of the ground-to-air radios and meteorological and navigational aids. Without them, the "show" could not go on.

"Radio, radar, and weather are all commodities that are key to the flying mission," said Master Sgt. Jeff Scott, NCO in charge of radio maintenance. "Without any of them, the flying mission is severely impacted or stops."

The mission systems flight is one of three main flights that make up the 47th Communications Squadron. The information systems flight takes care of all computer systems and networks on the base, and the plans flight helps find technical solutions for communications issues and coordinates major communications projects across the base. All other communication systems and equipment falls to the mission systems flight. That includes radar systems and equipment, ground-to-air and land-mobile radio maintenance, meteorological and navigational aids, as well as telephone operations and maintenance.

"Without telephone maintenance, nothing works," Sergeant Scott explained. "Because all of the meteorological equipment, all of the radios and radar equipment, goes over telephone lines."

In addition to the shops that are dedicated to specific equipment, the maintenance support section serves



Photo by Airman 1st Class Yvonne Conde

Senior Airman John Firlik, 47th Communications Squadron radar maintenance, trouble shoots a radio receiver to ensure it meets standards. Radar maintenance is just one part of the 47th Communications Squadron working behind the scenes to make sure the flying mission gets accomplished.

as the backbone of the flight, providing oversight of maintenance production, quality assurance evaluations, performing scheduled inspections on the flying equipment and tracking and scheduling day-to-day training.

Just as they are critical to Laughlin's day-to-day mission, the mission systems flight played an integral role in the recent Air Traffic System Evaluation, which evaluated the quality, adequacy, and safety of the air traffic system supporting flying operations at Laughlin.

"It's not necessarily about how well you're doing the job today because so much of the inspection is evaluating historical data," said Senior Master Sgt. Ronald Prothro, chief of maintenance for the 47th Communications Squadron. "In one area we had to show documentation for six cycles of 21-month inspec-

tions. This historical data is the best measurement for the overall health and welfare of the flying systems."

The higher-headquarters inspection team lauded the communications squadron for its creation of a cross-functional tiger team designed to overcome operational and equipment challenges during the recent relocation of the control tower and radar approach control and the simultaneous upgrade to a new digital system.

"We identified operations and maintenance issues and made recommendations to leadership," said Sergeant Prothro, who brought the tiger team idea with him when he arrived at Laughlin in March. "We saw the benefit and now have a really good rapport with air traffic control."

As a result of its success, the

units plan to continue meeting regularly to resolve everyday issues and problems.

Despite a shortage of experienced five- and seven-level trainers and supervisors, and an abundance of three-level members in training, the mission systems flight hasn't missed a beat when it comes to fixing broken pieces of equipment.

"We've been able to maintain an up-time rate of 99 percent, which is incredible considering the manning and skill level issues we have," Sergeant Prothro said. "I observed firsthand our young folks out there with the inspectors demonstrating that the equipment was in the proper tolerances. It was fantastic to see how energetic and enthusiastic these young troops were about what they were doing."

In addition to pointing out a unit's strengths, evaluations such as the ATSEP are designed to help units find ways to improve. The maintenance support section developed some new ideas to enhance their personnel evaluation process and institute a more efficient scheduling and tracking system for work orders.

"The operating instructions tell you what to do, not how to do it," said Technical Sgt. Eric Adams, superintendent of maintenance support section. He said he hopes the inspection taught his 3-level trainees to "think outside the box."

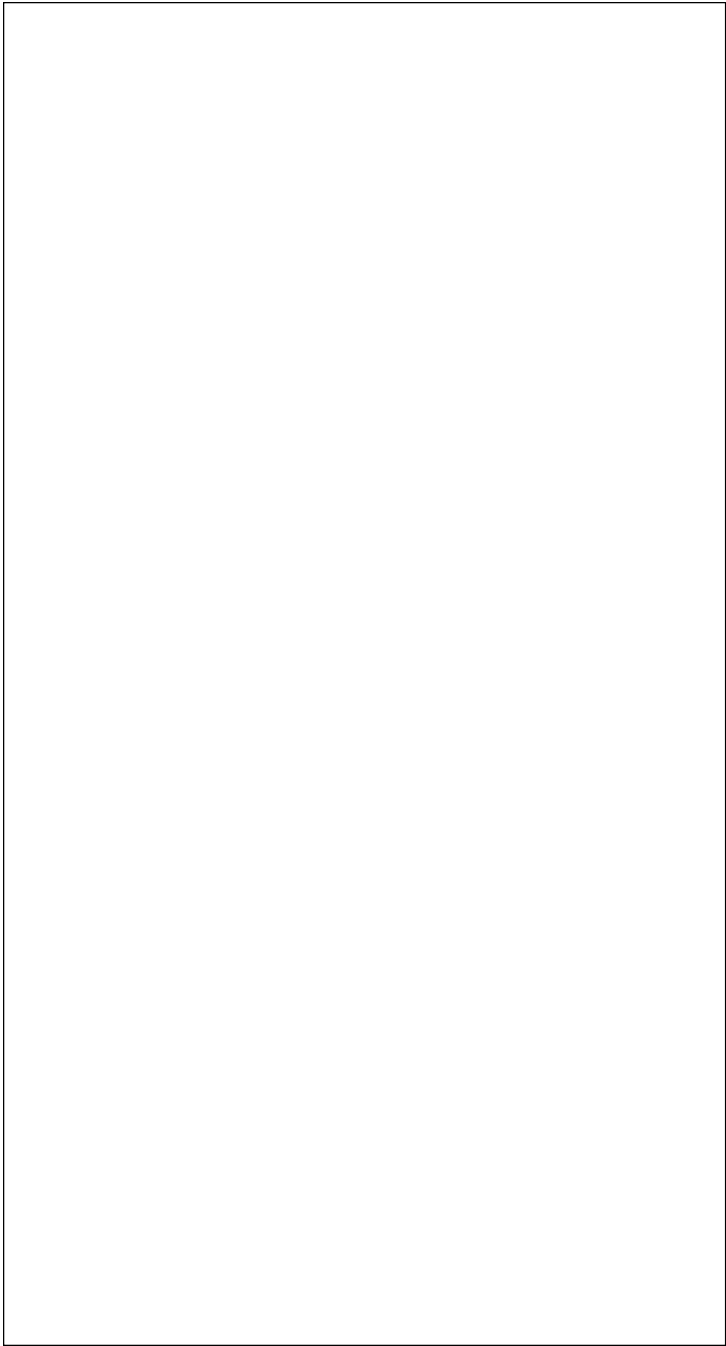
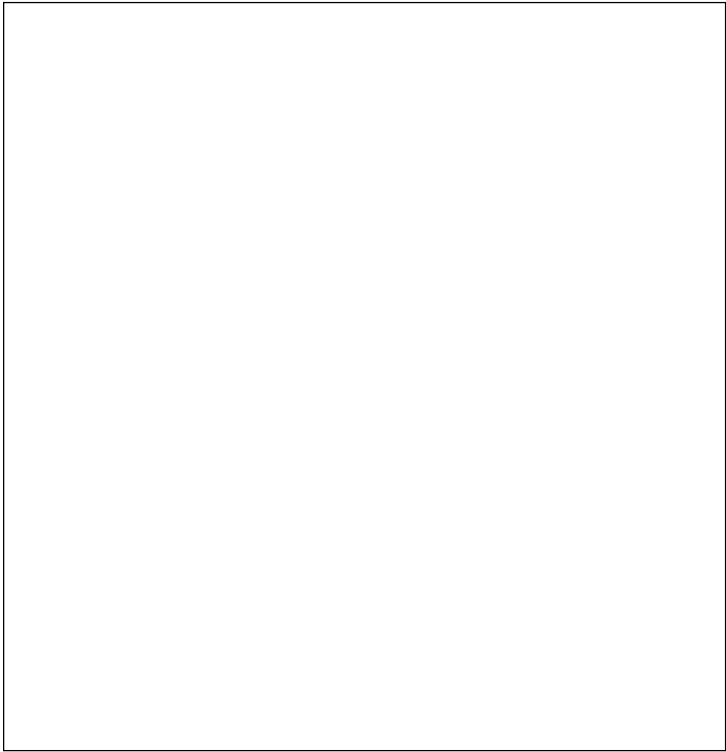
"They need to comply with the Air Force instructions, but they also need to learn how to bring new ideas to the table," said Sergeant Adams, who along with Staff Sgt. Juan Diaz, was named an outstanding performer by the ATSEP evaluators.

"In this career field everything is constantly moving and the tasks don't stop. You just keep moving forward and work to make things better," Sergeant Adams said.

**ONLINE
news**



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Air Force’s first female boxer debuts

By Staff Sgt. Jerron Barnett
33rd Fighter Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. – An airman here is not worried about the odds of her winning her first national bout in Augusta, Ga., June 18 to 21 – she has already beat the odds to become the first female on the Air Force boxing team.

Staff Sgt. Charmaine Carrington, a 33rd Aircraft Maintenance Squadron weapons-load crew chief, is eyeing the top spot in the competition with determination.

Growing up, she was one of three girls amongst seven siblings and one of the wing’s only female airmen in munitions, so in a sport that is pre-dominantly male, she feels right at home.

“I hadn’t really thought about being the first female at the time it happened, but it hit me later that I was,” she said. “It doesn’t bother me at all being the only female around. I’m used to it.”

Carrington only recently became interested in competing in the sport, but the California native watched matches of her favorite fighters, like Muhammad Ali, and saw herself boxing someday.

“I’ve only been interested in boxing for the last couple years,” she said. “I’ve done all the other sports, and I really just wanted to try this one.”

She found out how to join the Air Force team through her coach and friends at a local boxing club and filed her application with the help of Eglin’s fitness center workers.

Carrington contacted Tech. Sgt. Ronald Simms, one of the team’s coaches at Lackland Air Force Base, Texas, and kept in touch until she got the response she wanted.

“I kept bugging them,” she said. “I kept calling and basically harassing them.”

Carrington finally got her chance in

January. After two weeks of intense training and Simms’ tough coaching at Lackland, she won a box-off used to determine who would be chosen out of the three females trying-out.

“I get a lot of support from my family and supervisors in this, and everyone was happy I made it,” Carrington said. “It would be hard for me to do this without their support. My husband is all for it.”

Since then, the junior-welterweight has been training for her first national-level bout in the upcoming three-day tournament in Augusta. She trains six days a week, running nearly 40 miles a week, sparring and bag work.

“I’ve been working with Charmaine now for a little over two years and the enthusiasm she brings to the gym is unspeakable,” said Dennis Walker, her local boxing coach and trainer, who is assigned to the 96th Communications

Group. “When she comes to the gym to train, she not only trains hard but compels others to train hard also.”

“The training is hard, but I have fun,” Carrington said.

Carrington has fought in seven bouts since she has been on the team, mostly against local amateurs. She has a spotless 7-0 record.

The level of competition in Augusta will be the best amateur female boxers the nation has to offer, and she envisions herself doing well.

“I’ll be all right. I’m fighting to be number one,” she said. “I’ll do this as long as I’m one of the best, and then I’ll find something else to do.”

Simms says this goal is well within reach.

“A very realistic expectation for Charmaine is to be ranked in the top three in the country,” he said.

“I hadn’t really thought about being the first female at the time it happened, but it hit me later that I was.”
- Staff Sgt. Charmaine Carrington
33rd Aircraft Maintenance Squadron weapons-load crew chief

The Family Support Center recruits and refers volunteers for positions at Laughlin and in the Del Rio Community. For more information, call 298-5222

The *XLer*

Chris Lowry

Family Support Center relocation specialist



Photo by Airman 1st Class Timothy J. Stein

Hometown: Great Bend, Kan.
Time at Laughlin: Nine months
Time in service: Nine months
Greatest accomplishments: Marriage and children
Hobbies: Fishing and hunting
Favorite music: Def Leppard
Favorite movie: Dirty Dozen
If you could spend one hour with any person, who would it be and why? My father, so I could be able to have resolution prior to his death.

Chapel Schedule

Catholic

- Saturday ● 5 p.m., Mass
Sunday ● 9:30 a.m., Mass
Thursday ● 6 p.m., Choir; 7:30 p.m., R.C.I.A.
Reconciliation ● By appointment
Religious Education ● 11 a.m. Sunday

Jewish, Muslim and other

- Call 298-5111

Nondenominational

- Sunday ● 6:30 p.m. Officer Christian Fellowship, call 298-2238
Friday ● 7 p.m., Unity in Community Fellowship (activities for children)
Monthly ● Women’s fellowship (call 298-1351 for details)

Protestant

- Sunday ● 9:30 to 10:30 a.m., Sunday school
● 11 a.m., General worship (blend of contemporary and traditional worship, nursery provided)
Wednesday ● 10 a.m., Women’s Bible study
● 7 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

Airman’s daughter opens for Lee Greenwood

By Staff Sgt. Michael O’Connor
319th Recruiting Squadron
Public Affairs

PORTSMOUTH, N.H. – Six-year-old Jordyn Tabury opened a concert for country-music artist Lee Greenwood during a military appreciation day concert at Six Flags in Agawam, Mass., on June 14.

Jordyn sang “God Bless the

USA” to more than 1,000 people at the concert. She is the daughter of Staff Sgt. Peter and Bernadette Tabury, a recruiter with the 319th Recruiting Squadron in Bristol, Conn.

Her parents, grandmother and 2-year-old sister, Madison, were among people who gave Jordyn a standing ovation after she completed the song.

“I was so sick to my stomach

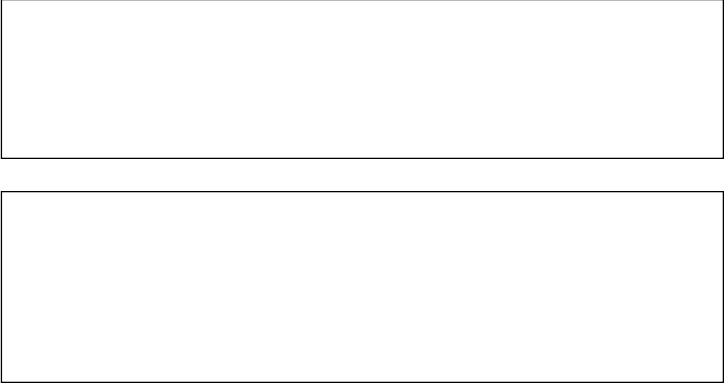
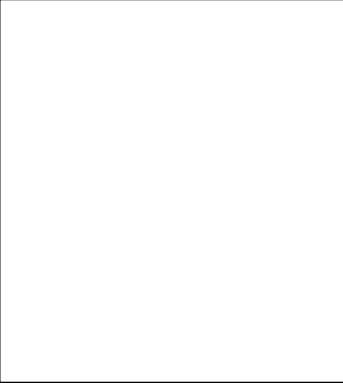
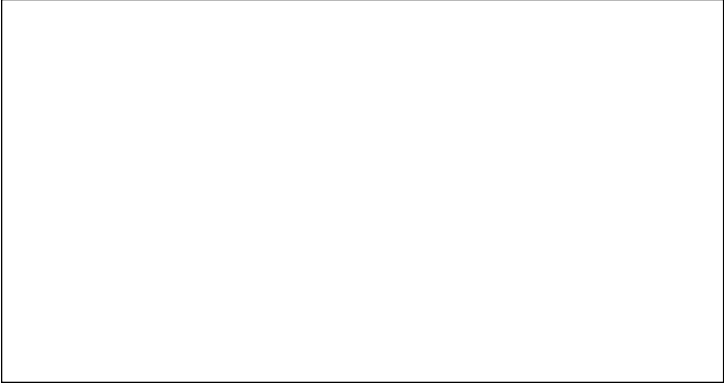
one minute, and ecstatic the next,” said her mother. “I don’t think she understood the enormity of it ... but boy, I sure did! It just seemed too good to be true.”

Singing since she was 2 years old, the soon-to-be first-grader said, “It felt good to be on stage singing in front of everyone. I was a little nervous, but I think I did good.”

“When I watched and listened to her sing the Greenwood song on

stage, it was absolutely amazing to me,” said her father. “Of course ... I’m biased, but really, it’s just the most amazing thing to see her in action. I get choked-up, and my heart swells with pride every time she performs.”

Greenwood has toured with the United Service Organizations and received an American Spirit Award for his contributions to the Air Force recruiting mission.



Cardio or weights? Which exercise to do first

By Bill Goins
47th Flying Training Wing exercise physiologist

One of the most frequently asked questions that I get as a fitness professional is “if I am going to do my cardio and strength training on the same day, which comes first?”

Experts are definitely split on this issue. The majority of fitness experts will advise you to do the cardio after the weight training, because if you do cardio first, it uses up much of the energy source for your anaerobic work (strength training) and fatigues the muscles before their most strenuous activity. This same view holds that strength

training first will deplete the muscles’ stored carbohydrates (glycogen or sugar), and therefore, will enhance fat burning during the cardio workout due to the lack of available sugar for fuel.

However, there is no credible, concrete research that proves this, and what it should really come down to are your goals. For instance, if your primary goal is to increase your aerobic endurance or lose body fat, then you should perform cardio first. If your primary goal is to increase muscular strength, then do strength training first. To get the most out of your workout, perform the exercise that is most important to your goals

first, when you are not fatigued.

If your fitness goals include overall improvements, a factor for you to consider is which one of the types of exercises do you enjoy most? You should do that exercise last. I see a lot of guys who have set a goal of losing fat around their belly and they spend 30 minutes in the gym on the bench press or the preacher curl. Why? Because they are good at those and they see the results. The problem is that when they are done with those, they are too fatigued or don’t have time to have a quality cardio workout.

The same concept applies to the ladies I talk to who want to firm up

their arms but refuse to lift weights because they don’t want to “get big.” Ladies, lifting weights will not make you big, and you won’t firm your arms on the treadmill. Spend 10 minutes at the beginning of your workout working on your biceps and triceps and then go for your stair stepping marathon. You will be shocked at how much more shapely your arms become.

The bottom line is, it is better for you to have consistency in your exercise than to worry about the two extra calories you might burn from doing weights or cardio first. Analyze your goals. Plan your workouts to reach your goals.

